

## Downtown Salisbury, Inc.

Experience over 250 years of history, great shopping,  
restaurants, museums, galleries and much more

-and-

enjoy a great night out downtown with live entertainment!

### ***Lord Salisbury Celebrates Autumn—U.K. Days!***

September 29 through October 1

- Salisbury, UK visits Salisbury, NC
- Great Britain's Night Out, Friday, Sept. 29, 5-10 p.m.
- Power Pop/British Invasion music by The SpongeTones

### ***October Tour Night Out, 5-10 p.m.***

Friday, October 13

- Shops open late and live entertainment

### ***Halloween FunFest, 3-6 p.m.***

Saturday, October 28

- Costume contests for children of all ages
- Trick or treat for kids 13 & under with Downtown Merchants from 4:00 to 5:00 p.m.

### ***Lord Salisbury Celebrates Winter – Holiday Homecoming!***

November 24 through December 31

*Please see website for entire listing of holiday events*

*www.salisburync.com*

Please visit [www.downtownsalisburync.com](http://www.downtownsalisburync.com)  
for our full calendar of events



## **Salisbury Parks & Recreation Department**

### ***MISSION STATEMENT***

*To provide quality leisure services through safe, attractive, maintained parks  
and diversified programs that meet the current and future needs  
of the community.*



### ***2006 BROCHURE***

***City Park Center***  
**704-638-5295**

***Hall Gym***  
**704-638-5289**



***Administration***  
**704-638-5291**

***Civic Center***  
**704-638-5275**

***Miller Center***  
**704-638-5297**

***Call 704-216-PLAY for program information***

## SPECIAL EVENTS

### NC Cyclo Cross Series Race – Season Opener

Cyclo Cross is a steeplechase of cycling held on an approximately 1 mile course on grass, trails, and a little bit of pavement. This is a US Cycling Federation sanctioned event with 1 day license available. Bring the family and bikes and come see the world of cyclo cross racing. For more info call 704-638-2139.

Date: Sunday, 10/22 All ages 6 yrs. and up. 1st race begins at 11 a.m.

Cost: kids 10 & under free Jr. & adult are \$15—\$20

Location: Salisbury Community Park

### Halloween FunFest

Join us for our annual Halloween Funfest. Enjoy food, carnival games, hayrides, and take a tour on the spooky trolley. Trick or treat at downtown shops. Other attractions include: moonwalk, face painting, costume contest, pumpkin carving, and live entertainment.

Date: Saturday, 10/28 3-6 p.m. Fee: 25 cents/game/ride

Location: Salisbury Post parking lot

### La Fiesta de Rowan 2006

Saturday, September 30, 2006 11 a.m.—5 p.m.

Bands, Spanish dance contest with prizes, infatables, Sparky the Dog, McGruff, free t-shirts & cups, fire safety smokehouse, several local agencies with free information and much more.

## Don't Let Gas Prices Get You Down, **PARK IT!** At Salisbury Parks & Recreation

### PARK SITES

Cannon Park	600 Park Ave
City Park	316 Lake Drive
Fairview Hgts	Harrell Street
Forest Hills	230 Grove Street
Greenway	Old Mocksville Rd.
Jersey City	709 W. Kerr St.
Kelsey Scott	1920 Wilkesboro Rd.
Long Street	1515 N. Long St.
Morlan Park	525 Carolina Blvd.
Oakland Hgts	1301 Longview Ave
Towne Creek	315 S. Boundary St.
Salisbury Community Park	935 Hurley School Road
West End Community Garden	- Brenner Ave



### OTHER FACILITIES

Sports Complex	1113 S. Boundary St.
Lincoln Pool	110 Old Concord Rd.
Maintenance	818 S. Boundary St.

**Our Goal is to make**  
**“You the Customer”**  
**comfortable in your own home.**

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Park Partner since 1999!



**Our people make the difference.**

With a bank on nearly every corner, all offering similar products, it becomes the people who make the difference. Give us a call or just stop in. We want to show you the Bank of North Carolina difference.

415 Jake Alexander West  
Salisbury NC 28147  
336-633-3436  
www.bankofnc.com

STOCK SYMBOL:BNCH



## ACTIVITIES JUST for KIDS! City Park Center—316 Lake Drive

### Afterschool Program

If you need a safe place for your children to go after school give us a call. We provide assistance with homework, arts and crafts, outdoor activities, field trips, and lots of fun and games.

Dates: Mon.-Friday 8/25-6/8 2:30—5:30 p.m.  
Cost: \$20 week/city \$40 week/non-res.

### Dillingham Martial Arts—Shi-To-Ryu-Karate

Instructor: Larry Dillingham—4th degree black belt sparring tri-state champ. Come learn one of the fastest growing Japanese Okinawain Karate skills in the area. Benefits include: character development through self-discipline, self respect, self control and respect for others. Class for ages 5 and up.

Dates: Tuesdays & Thursdays 9/5—12/21  
Tuesdays, 5:30—7:30 pm. Thursdays, 5:00—7:00 p.m.  
Cost: \$10 one time registration fee \$40 per participant/month  
Family discounts available

### Jennifer's School of Dance

Instructor: Jennifer Paxton

Children ages 3 and up will learn ballet, jazz, tap, pointe, acrobatics, and baton.

Dates: Mondays, Sept.—December 6:30-7:30 p.m.  
Cost: \$35 month/city \$70 month/non-res.



### Cheer America

Coordinator: Rock Hood

Girls ages 4-14 will learn basic fundamentals and fun routines while promoting physical fitness, artistic expression, competitive spirit, confidence and poise.

Dates: Thursdays, 9/21-12/14 6-7:30 p.m.  
Cost: \$ 6 per class \$6 registration fee Register on 9/14

### Junior Shag Dance Workshop

(beginners age 10-18)

Here's an opportunity to learn from some of the best dancers in the Salisbury Shag Club. We'll guide you through the basic steps and techniques. It's guaranteed fun—no partner required.

Date: Saturday, 10/21 10 a.m.—2 p.m. Cost: \$25 city \$50 non-res.

### Spooky Crafts for Kids

Instructor: Connie Foss

Come paint spooky crafts for Halloween. A variety of crafts to choose from. Fun for all ages.

Date: Monday, 10/30 10—11 a.m. Register by: 10/23  
Cost: \$2 city /and up \$4 non-res.

**ACTIVITIES JUST for KIDS!**  
**City Park Center—316 Lake Drive**

**Outrageous October Fun Day**

Fun activities and Halloween crafts all day.

Date: Monday, 10/30     7:30 a.m.—5:30 P.M.     Register by: 10/23

Cost: \$15 city \$30 non-res.

**School's Out Fun Day**

School's out today so let's have some fun! Kids will enjoy crafts, trips, and fun times with friends.

Dates: Tuesday & Friday, 11/7 & 11/10     7:30 a.m.—5:30 p.m.

Cost: \$15 day/city \$30 day/non-res.     Register: 1 week in advance

**Holiday Camp & New Year's Camp**

Come to City Park Center for the best holiday camp in town. Your children will have a great time in a structured and safe environment.

Date: **Holiday Camp** : Friday, 12/22     7:30 a.m.—5:30 p.m.

Cost: \$15 city \$30 non-res.     Register by: 12/15

Dates: **New Year's Camp**: 12/27—12/29     7:30 a.m.—5:30 p.m.

Cost: \$40 city \$80 non-res. (all 3 days)     Register by: 12/18

**TENNIS**

**Tennis Match Play for Fun & Fitness**

Like to play tennis but need a partner? All you have to do is put your name on a pre-selected date and time on the calendar posted at the City Park tennis courts.

Dates and times will be flexible to suit players and their work schedule. A complete list of rules and regulations will be posted. Registration: on going

Date: beginning 9/11—11/19     No charge

**Beginner Group Tennis Lessons (2 sessions)**

Instructor: Brian Norton

Group tennis lessons for youth ages 8-14. Beginner 1 session will focus on rules of the game, grips, forehand, backhand, overhead, volley and drop shot. Beginners 2 will focus on: continuation of proper techniques of strokes, production of overhead, volley, serve, drop shot, plus game situations.

Session 1: Tuesdays & Thursdays 9/19-9/28

Register by: 9/15

8-10 yr. olds     5:30—6:30 p.m.     11-14 yr. olds     6:30—7:30 p.m.

Session 2: Tuesdays & Thursdays, 10/3-10/12     Register by: 9/29

8-10 yr. olds     5:30—6:30 P.M.     11-14 yr. olds     6:30—7:30 P.M.

Cost: \$15 city /per session     \$30 non-res./per session

**Intermediate Tennis Lessons**

Instructor: Brian Norton

Intermediate session will take you through proper techniques and form to help set points and build consistency to your game.

Dates: Tuesdays & Thursdays, 10/17-10/26

Register by: 10/14

8-10 yr. olds     5:15—6 p.m.     11-14 yr. olds     6-6:45 p.m.

Cost: \$25 city \$30 non-res.



# Park Partners 2006

Salisbury Parks & Recreation would like to take this opportunity to express our sincere appreciation to our Fall 2006 Park Partners.

Their generous donations and continued support provide funding for brochure printing, event advertising and strong community outreach.



Their outstanding dedication to the citizens of Salisbury and surrounding area is greatly valued. You will find their ads displayed on the following pages of this booklet. Thank you for patronizing our Park Partners. If you would like to learn more about how to become a Park Partner, please call 704-638-2113.



**Granite Quarry**

**Faith**

**Rockwell**

**China Grove**

**Salisbury**

N. Main St.

Jake Alexander Blvd.

Statesville Blvd.

Avalon Dr.

**Kannapolis**

Dale Earnhardt Blvd.

**Concord**

Church St. N



## ADULT/FAMILY PROGRAMS Miller Center—1402 W. Bank Street

### Holiday Craft for Adults

Instructor: Arned Taylor Harper

Capture the feeling of the holiday season with a fun and easy holiday craft.

Date: Monday, 12/4

6-7 p.m.

Register: 1 week in advance

Cost: \$10 city \$20 non-res.



### Holiday Cookie Class

Do you like cookies? Bring mom and dad along with you to this holiday cookie class. You'll make some great cookie recipes, cut, bake, and decorate just in time for the holidays!

Date: Tuesday, 12/19

5:45—6:45 p.m.

Cost: \$6 city \$12 non-res.

Register 1 week in advance

### Red Hat Society

Come out and socialize with these, smart, fun loving, and sisterly bunch of women. The group loves to travel, meet new people, have local luncheons, and strut their stuff wearing those beautiful red hats. Come join the fun!

Meetings held throughout the year. Contact Miller Center for details.

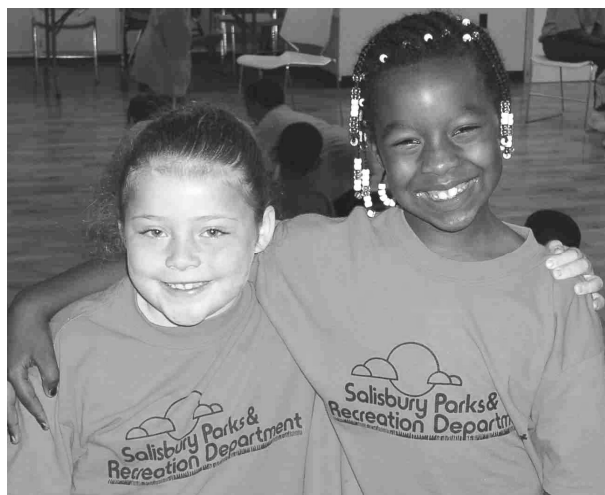
### Miller Center Seniors Social Organization

Join this lively bunch of seniors that do everything from arts and crafts to trips out of town. Spend your morning learning new things and meeting new people.

Dates: every Thursday

10 a.m.—12 noon

no charge



## ADULT CRAFTS/ACTIVITIES City Park Center—316 Lake Drive

### Over 40 Aerobics

Come to City Park and enjoy the benefits of low impact aerobics via videotape.

Dates: Mondays & Thursdays Sept.—Dec. 9:30—10:30 a.m. No charge

### Ballroom Dancing

Instructor: Jennifer Paxton

Come learn different and fun styles of dance such as the waltz, rumba, and swing.

Dates: Fridays, September—December

7-8 p.m.

Cost: \$40 month/per couple \$80 month/per couple



### Diabetes Self-Management Classes

Rowan Regional Medical Center

Now is the time to take control of your diabetes. Rowan Regional Diabetes classes are designed for those individuals who haven't mastered the skills and concepts to control their diabetes.

For program date and info call 704-638-1437.

### Cardinal Squares

Jack Cauble 704-633-9147 or Paul Walker 704-782-2616

Modern square dancing is a great way to stay healthy and keep the body in gear.

Dancing held each Tuesday from 7:30—9:30 p.m. Sept.—Dec.

Group lessons are offered each Thursday this Fall at City park.

Lesson dates: Thursdays, 7-9 p.m. contact names listed above to register

### Creative Memories—Scrapbooking the Good Times

Instructor: Andrea Shuping

Workshops include instructive "Crop Talk" lessons and much more. Lunch provided.

Dates: Saturdays, 9/9, 10/14, 11/11 & 12/9

10 a.m.—2 p.m.

Cost: \$12 per participant/class Reservations must be made at least 4 days prior to workshop dates



### Murder Mystery Dinner Theatre

#### "The Haunting of Wrenn House—A Taste of Wine and Murder"

Join us for an evening of dinner, intrigue and fictional murder. You're invited to participate as 1 of 8 suspects in a fictional murder mystery case. Dine with 7 other guest attempting to decipher the clues provided in order to discover which one of the guest is the mystery murderer. Meal is included in registration fee. Space limited to eight persons, 4 guys/4 gals. Formal invites with instruction on costume and character background will be sent upon registration. Menu selections should be returned by 10/25. Try to convince the other guests you are not the murderer. Bring your formal invite and present to restaurant hostess and be lead into the lions den. Donating partners include: Piedmont Players Theatre, Kurt & Geri's Dairy Bar, Downtown Salisbury, Inc., and Sam's Car Wash.

Date: Friday, 10/27 7-9:30 p.m. Location: Wrenn House, 115 S. Jackson St.

Cost: \$28 person/city \$38 person/non-res. Register by: 10/13 at City Park Ctr.

## ADULT CRAFTS/ACTIVITIES City Park Center—316 Lake Drive

### Veteran's Day Paints

Instructor: Connie Foss

Celebrate veterans everywhere with a special Veteran's Day painting activity. Choose from a variety of painting molds and crafts.

Date: Friday, 11/10

10-11:30 a.m.

Cost: \$2 & up/city \$4 & up/non-res.

Register by: 11/3

### Murder Mystery Dinner Theatre

#### "A Feast of Death at the Wrenn House"

A picturesque meal lines a decadently arranged table for the Lenster family. Guests are seated and suddenly Victoria Lenster coughs and lies face first in her beautiful dinner plate. What happened? Who did this? You are a suspect. Join 7 other guests at the Wrenn House and try to figure out who it is. Return your meal selection by 11/15. Bring your formal invitation and be seated in the lions den. Meal included with registration. This event is for 4 guys and 4 girls. Register early. Donating partner: Piedmont Players, Sam's Car Wash, Downtown Salisbury, Inc., and Kurt & Geri's Dairy Bar.

Register by: 11/3 at City Park Ctr.

Date: Friday, 11/17 7-9:30 p.m. Location: Wrenn House, 115 S. Jackson St.

Cot: \$28 person/city \$38 person/non-res.

### Tree Lighting Ceremony at City Park Lake

Kick off the holiday season with the annual City Park tree lighting ceremony.

Date: Friday, 12/1

6-6:30 p.m.

No charge



### Family Crafts

Instructor: Connie Foss

Family members can paint and make fun molds. A variety of projects in different styles and sizes available.

Date: Friday, 12/29

10-11:30 a.m.

Register by: 12/20

Cost: \$2 & up/city \$4 & up/non-res.

### Parties, Receptions, Business Functions—all at City Park

If you're looking for a place to host birthday parties, dinner receptions, or business meetings, then City Park is your connection. City Park had a new facelift. We have a multi-purpose room that can fit small or medium sized functions at affordable prices. Call City Park Center for availability and prices

### Holiday Candle Making 101

Instructor: Bill Lockhart

Fill your home with a beautiful scent for the holidays. Learn how to make your very own dish candles. Get the basics on how to make your own scented candles and tips on how to make other varieties of candles.

Dates: Monday & Tues., 11/20 & 11/21

6-8 p.m.

Cost: \$15 city /both classes \$30 non-res./both classes



## ACTIVITIES JUST FOR KIDS! Miller Center—1402 W. Bank Street

### Thanksgiving Essay Contest

Write a short essay about a fantastic Thanksgiving holiday feast. Write about people you like to celebrate with, where you will celebrate, and your favorite food. Contest open to youth ages 5-12. Winners will receive a gift basket.

Dates: 11/13-11/20

Essay deadline: 11/20

no charge

### Holiday Craft for Kids

Instructor: Arnedra Taylor Harper

Get in touch with your creative side. Come create your very own holiday ornament.

Date: Wednesday, 12/6

6-7 p.m.

Register: 1 week in advance

Cost: \$8 city \$16 non-rest.



### Holiday Camp

New and improved! Lots of fun activities. The themes are: skating, movies, arts & crafts, sports, shopping, games (Playstation 2/computer/table games), and pizza day.

Dates: Monday—Friday, 12/22, 12/27, 12/28 & 12/29

7:30 a.m. –5:30 p.m.

Cost: \$50 city \$100 non-rest.

Register by: 12/18

## ADULT/FAMILY PROGRAMS Miller Center—1402 W. Bank Street



### Cooking with Connie/Fall Flava

Instructor: Connie Woodbury

Cook great flavorful meals...learn the basic of soul food cooking. This class will introduce quick, efficient meals that will make your mouth water! This is a beginner's course for young adults who are aspiring to learn the "kitchen fundamentals".

Dates: Mondays, 9/18, 9/25, 10/2 & 10/9

5:30—7:30 p.m.

Cost: \$25 city (all 4 dates) \$50 non-rest. (all 4 dates)

Register by: 9/11

### Thanksgiving Food Drive

Help a family in your community enjoy the holiday. Every food donation helps no matter how small. Please drop off your non-perishable food at Miller Center anytime between 10/2—11/17 from 8:30 a.m.—6:30 p.m.

### Cake Decorating with Connie

Instructor: Connie Woodbury



Learn step by step tips on how to prepare, bake, and decorate cakes for a variety of occasions. You will also learn how to apply icing, frosting, use Styrofoam, and writing. All supplies and ingredients included.

Dates: Mondays, 11/6, 11/13, 11/20, & 11/27

6-7:30 p.m.

Cost: \$30 city (all 4 dates) \$60 non-rest. (all 4 dates)

Register by: 10/30

## ACTIVITIES JUST FOR KIDS! Miller Center—1402 W. Bank Street

### NBA Babies

2nd annual basketball league designed for 4 & 5 yr. olds.  
 Dates: every Saturday, 11/4—1/13      9:30 a.m.—12:30 p.m.  
 Cost: \$30 city \$60 non-rest.      Register by: 10/6  
 Volunteer coaches needed!



### Fundamental Basketball Clinic

Instructor: Coach Amy Linder

One day instructional basketball clinic for children ages 6-15. Learn dribbling, shooting, passing, defense and more. Space limited to first 25.

Date: Saturday, 10/7      9:30 a.m.—1 p.m.  
 Cost: \$7 city \$14 non-rest.      Register by: 10/6

### School's Out Fun Day

While school is out—come have fun at the Miller Center. Kids should bring their own lunch and snacks.

Date: Monday, 10/30      7:30 a.m.—5:30 p.m.  
 Cost: \$15 city \$30 non-rest.      register no later than 1 wk. in advance

### Jr. Bobcats Cheerleaders

Instructor: Ericka Becton

Girls will cheer during the Jr. NBA Boy's basketball games. Program includes t-shirt.

Dates: Fridays & Saturdays, Nov.—Jan.  
 Cost: \$20 city \$40 non-rest.      Register by: 10/2

### Krafty Make and Take Workshop

Instructor: Judy McDaniel

Children will enjoy cooking and eating various treats like brownies, pizza, and much more. Basic cooking skills and kitchen safety are emphasized. 2 separate sessions for kids ages 3-5 or 6-12.

Dates: Saturday, 11/4      (ages 3-5)      9—11 a.m.  
                  Saturday, 11/4      (ages 6-12)      1—3 p.m.  
 Cost: \$15 city \$30 non-rest.      Register no later than 1 week in advance

### School Out Fun Day I & II

When school's out come to Miller Center for fun and adventure. Must bring own lunch and snacks.

Register no later than 1 wk. in advance

Dates: Tuesday, 11/7 & Friday, 11/10      7:30 a.m.—5:30 p.m.  
 Cost: \$15 per day/city \$30 per day/non-rest.

### Craft Corner

Instructor: April Butler

Come have fun learning how to do candle making, beading, and tie-dye.

Dates: Thursdays, 11/9, 11/16, 11/30 & 12/7      5:45—6:45 p.m.  
 Cost: \$20 city/all 4 sessions      \$40 non-res./all 4 sessions  
 Register no later than 1 week in advance

## ACTIVITIES JUST for KIDS! Civic Center—315 S. Boundary Street

### Hip Hop Dance

Instructor: Young Olympians

Dance program for children ages 4-14. Promotes coordination, confidence, artistic expression, and physical fitness. 15 week session.

Dates: Tuesdays, beginning 9/26      Registration: 9/19  
 Ages 4-6: 6-6:45 p.m.      Ages 7 & over 6:45—7:30 p.m.  
 Registration fee: \$6      Cost: \$6/per class or \$72 per session

### Crescent Cloggers - for all ages

Instructor: Ginger Fagan

Clogging lessons offered at any skill level. Learn a variety of fun routines.  
 3 class levels:

Beginner: any age—broken down into rhythm, basic clogging steps  
 Intermediate: any age—class refines clogging into more fun steps & dances  
 Advanced: any age—class is geared at a faster pace for the real energetic type  
 Dates: every Wednesday, Sept.—Dec. (no classes on 11/22)  
 Times: Beginner: 5:30—6:15 p.m., Int.: 6:15-7 p.m., Advanced: 7-7:45 p.m.  
 Cost: \$15 city/per session (2 months) \$30 non-res. per session (2 months)  
 New session begins 9/6

### Beginner Racquetball for Kids

Instructor: Mike Hicks

Calling all youth ages 8-12 years old who want to learn the basics of racquetball!  
 Take advantage of this free class to check out a game that you will learn to love.

Dates: Thursdays, 10/5, 10/12, 10/19 & 10/26      5—6:30 p.m.      No charge  
 Register by: 9/29



### Cooking Fun

Instructor: Annie Rice

Cooking class for youth ages 10 & up. Learn to make some easy tasty treats.

Dates: Thursday, 10/19 & Tuesday, 12/12      6-8 p.m.  
 Cost: \$10 city \$20 non-res.      Register 1 week in advance

### Tennis Lessons

Instructor: Marlon Henderson

Group lessons at the Civic Center tennis courts for youth ages 5-13.  
 Private lessons available upon request. (Sept.—Dec.)

Dates: Wednesdays, from 4-5 p.m. (ages 5-7) 5-6 p.m. (ages 8-10)  
 Thursdays, from 4-5 p.m. (ages 11-13)      Registration: on going  
 Cost: \$30 month/\$9 per class/city \$60 month/\$18 class/non-res.





## ADULT & FAMILY CRAFTS/ACTIVITIES

### Civic Center—315 S. Boundary Street

#### Fitness

Workout on nautilus machines, treadmill and free weights. Improve your cardiovascular system and start feeling better today.  
 Days: Mon.—Thurs./8 a.m.—8 p.m., Fridays, 8 a.m.—6 p.m./Sat. 9 a.m.—5 p.m.  
 Cost: \$2/daily \$18 month (city) \$4/daily \$25 month(non-res.)

#### Family Wallyball Night

Wallyball is a fun sport played much like volleyball except you can use the walls and it makes the game more exciting. You will also receive a 4 month membership to the fitness room.  
 Dates: Tuesdays, 9/5-12/26 6-8 p.m.  
 Cost: \$30/team city \$60/team non-res.

#### Basic Home Manners

Instructor: Elaine Allman

Basic obedience class that includes: building a trusting relationship, attention, sit, down, stay, walking on a loose leash, and come when called. Dogs must have all current vaccinations including rabies. Class for dogs 5 months & up. (limited to 6 dogs)

Dates: Mondays, 9/11, 9/18, 9/25, 10/2, 10/9, 10/16 5:45—6:45 p.m.  
 Cost: \$30 city \$60 non-res. Register by: 9/1

#### Basic Home Manners—Advanced Class

Instructor: Elaine Allman

Advanced manners class for dogs that have completed the basic manners class. Class includes: building on the basics, detailed targeting & clicking training, tricks and other difficult exercises. Class for dogs 5 months & up. (limited to 6 dogs)

Dates: Mondays, 9/11, 9/18, 9/25, 10/2, 10/9, 10/16 7-8 p.m.  
 Cost: \$30 city \$60 non-res. Register by: 9/1

#### Learn the Art of Clowning for Fun or Profit

Instructor: Rhonda Hale

Class will include basic make-up application, learn how to create a costume and clown character, basics in hand painting, balloon twisting and how to entertain at any event. All supplies provided for class. Participants will be invited to a graduation ceremony in December.

Dates: Saturdays, 9/23, 10/21, & 11/4 10 a.m.—3 p.m.  
 Cost: \$75 per class/city \$150 per class/non-res. Register by: 9/8

#### Knitted Hood

Instructor: Sandy Wagoner

Week #1—participants will review knitting basics. Week #2—work on project (winter knitted hood) Week #3—will share patterns and assist with your next project. Participants must purchase own materials.

Dates: Thursdays, 9/28, 10/5, & 10/12 6-8 p.m.  
 Cost: \$25 city \$50 non-res. Register by: 9/2



## ATHLETIC ACTIVITIES/ADULTS & FAMILIES

### Hall Gym—1400 W. Bank Street

#### Tanglewood Light Show

It's time again to take a trip to Tanglewood to see their spectacular light show. We provide the transportation while you enjoy the show.

Dates: Tuesday & Thursday 12/12 & 12/14 6-9 p.m.  
 Cost: \$10 city \$20 non-rest. Register by: 12/11

#### Youth Basketball Officials Clinic

Have you ever wanted to become a basketball official? Come join us and get the training you need to officiate games for youth ages 7-15. Must attend all clinic dates to officiate in Salisbury Parks & Recreation league.

Dates: Sundays, 11/5, 11/12, & 11/19 5 p.m. No charge  
 Register by: 11/5

## ACTIVITIES JUST FOR KIDS!

### Miller Center—1402 W. Bank Street

#### Flag Football - ages 10-13

Come learn flag football. Learn how to incorporate teamwork and leadership into the games. 10 players per team.

Dates: Fridays, 8/25, 9/8, 9/15, & 9/22 5:30—6:30 p.m.  
 Cost: \$7 city \$14 non-rest. Register by: 8/20



#### Cheerleading Clinic

Young ladies ...come learn what it takes to be a cheerleader!  
 Saturday, 9/30 & 10/14 9-11 a.m. Register 1 week prior to date  
 Cost: \$5 city/clinic \$10 non-res./clinic

#### Afterschool Program

Looking for after school care? This is the place for you. We offer homework assistance, snack time, free play, and take local trips. Parents must provide snacks for each child.

Dates: Monday—Friday during school year 2:30—5:30 p.m.  
 Cost: \$20 week/city \$40 week/non-rest.

#### Beads and Accessories Design

Instructor: April Butler

Explore your creative side and design your very own jewelry. You 'll learn to make necklaces, bracelets and anklets.

Dates: Wednesdays, 10/4, 10/11, 10/18 & 10/25 5:45—6:45 p.m.  
 Cost: \$20 (city all 4 sessions) \$40 non-rest. (all 4 sessions)



#### NBA Babies Cheerleaders (ages 3-5)

Join us for the 1st annual NBA cheerleaders program for young ladies. Learn the basic fundamentals to cheerleading, new dance routines, chants, and cheers.

Uniforms included in fee. Games held on Saturdays. Limited to 20. No games on 11/25, 12/23 or 12/30. Register by: 10/6 season begins: Nov.—Jan.  
 Cost: \$35 city \$70 non-rest.



## ATHLETIC ACTIVITIES/ADULTS & FAMILIES

Hall Gym—1400 W. Bank Street

### Supervised Walking Program at the Greenway

Instructor: Bob Zirt 704-637-3456

In conjunction with the Salisbury Rowan Runner club come walk the Greenway. Our program is designed to promote the benefits of walking, exercise and healthy lifestyles. Runners / walkers can also come out on Sundays at 4:30 p.m. no charge  
Dates: Mon., Wed., Friday—year round 5:30 p.m. Sundays—4:30 p.m.  
Meet at the Knox middle school tennis courts



### Beginner's Running Training Program

Instructor: Salisbury Rowan Runners Club

Comprehensive instructional approach to provide new runners with all the info. needed to begin the process. 7 weekly sessions with classroom training on nutrition, shoes, and other related topics, followed by a workout around City Park. Individual coaching provided so each new runner can progress at their own pace. Program will culminate with membership in the Salisbury Rowan Runners Club and include entry in a local 5K race.

Dates: Thursdays, 9/14—10/26 6:30—7:30 p.m. Register by: 9/14

Cost: \$25 payable to Salisbury Rowan Runners Club

Location: City Park Center

### Nutrition for the Holidays

Instructor: Molly Connor—VA Hospital Nutritionist

Gain too much weight during the holidays? Come get some tips from a professional nutritionist on how to eat right, modify your holiday recipes, exercise and receive info on the new 2006 food guideline pyramid for healthy eating.

Date: Monday, 11/20 7-8 p.m. Register by: 11/17

Cost: \$5 city \$10 non-res. Location: Hall Gym meeting room

### Holiday Bid Whist & Spade Card Tournament

Instructor: Tom McDaniel

Come out for these popular card games and have some fun. A champion will be crowned and trophies awarded to the winners. You will get paired with a partner and the dealing will begin.

Date: Saturday, 11/25 3 p.m. until Register by: 11/21

Cost: \$17/city \$34 non-res. If you register before 11/21

Cost day of tournament: \$20 city \$40 non-res.

### NYSCA Coaches Certification

Program will feature vital information for coaches on coaching children, first aid, safety, maximizing athletic performance, organizing fun & interesting practices, and techniques on teaching specific skills. Mandatory for all first year coaches in the Jr. Bobcats program.

Dates: Monday—Thursday, 11/6—11/9 6:30—7:30 p.m. no charge

## ADULT & FAMILY CRAFTS/ACTIVITIES

Civic Center—315 S. Boundary Street



### Beauty Basics

Instructor: Toni Cook

Learn beauty basics and the do's and don'ts of make-up. Bring your own makeup.

Dates: Saturdays, 10/14 & 12/16 12-2 p.m.

Cost: \$10 city \$20 non-res. Register 1 week in advance

### Fall Yard Sale

Clean out those closets and garages and head on over for the Fall Yard Sale at the Civic Center. Register early—space limited—come rain or shine. Register by 10/5

Date: Saturday, 10/21 7 a.m.—12 noon Cost: \$10 per table

### Eastside Community Club Halloween Carnival

Annual Halloween event free to the public. Games, prizes, food and much more.

Date: Thursday, 10/26 6-8 p.m. No charge



### Christmas Centerpieces

Instructor: Cheree McDaniel

Come learn how to make a beautiful centerpiece for the holidays. All materials provided.

Date: Wednesday, 11/29 6-7:30 p.m.

Cost: \$12 city \$24 non-res. Register by: 11/22

### New Year's Racquetball Tournament

Start the New Year with a weekend of competitive play at our annual tournament.

Includes singles and doubles matches Register by: 1/10

Dates: Friday & Saturday, 1/19 & 1/20

Cost: \$15 singles, \$20 singles & doubles, \$10 doubles (per person)

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## ATHLETIC ACTIVITIES JUST FOR KIDS!

Hall Gym—1400 W. Bank Street

### Open Gym

Come to Hall Gym during open gym hours and shoot hoops or get in a pick-up game. Work off that excess energy and street. All ages welcome. Hours of operation may vary depending on programs being offered.

Dates: Monday—Thursday, Sept. to December 12 noon—8 p.m.

Fridays, 12 noon—5 p.m., Saturdays, 10 a.m.—1 p.m. no charge

### Cane Street Stormers—youth ages 7-13

Like playing street hockey? Then this is the program for you. This program is for every skill level.

Dates: Fridays, 9/1-10/20 3:30—4:30 p.m. Register by: 9/1

Cost: \$5 city \$10 non-res.

## ATHLETIC ACTIVITIES JUST FOR KIDS!

Hall Gym—1400 W. Bank Street

### Little Dribblers (coed ages 4-6)

Boys and girls will learn the basic skills of basketball: dribbling, shooting, passing, defense and more. Great learning experience and lots of fun..

Dates: Tuesdays & Thursdays, 9/12-9/21

5:30—6:30 p.m.

Cost: \$10 city \$20 non-res.

Register by: 9/12

### Punt, Pass, & Kick Competition

(coed ages 8-15)

Competition open to girls and boys. Test your ability to kick and throw a football. Enter the local competition with a chance to advance and compete at halftime of a Carolina Panther Football game. Cost: \$1 city \$2 non-res.

Age divisions: 8-9, 10-11, 12-13, 14-15. Boys and girls will compete separately.

Date: Sunday, 9/17

2:00 p.m.

Catawba College Football Field

### Jr. Bobcats Boys Basketball

(boys age 7-15)

Recreational basketball program for boys. Teaches kids the fundamentals of basketball as well as build character, self-esteem, friendships and teaches teamwork. Teams assigned by a pre-season players placement draft in ages 9-15. Sign up early due to limited number of participants per age group.

Dates: Monday—Saturday

November—January

Cost: \$30 city \$60 non-res.

Registration dates: 9/25-10/20

### Jr. Bobcats/Jr. Sting Basketball Clinic

(boys & girls ages 5-15)

Clinic open to all boys and girls ages 5-15 planning on playing in the Jr. Bobcats/Jr. Sting program. Clinic conducted by the Catawba basketball team.

Date: Saturday, 11/11

10 a.m.—12 noon

No charge

### 6th Annual Foster's Prime Steakhouse Basketball Turkey Shoot

Come win a turkey for your Thanksgiving Dinner. The Turkey shoot tests your skill and accuracy in free throw competition. Everyone will get 20 free throws with the top 3 in each age group advancing to the prize round. Everyone that makes it to the prize round wins a prize. 5 ages groups: 7-8, 9-10, 11-12, 13-15, & 16 & up

Date: Saturday, 11/18

10 a.m.

Register by: 11/18

Cost: \$2 city \$4 non-res.



## ATHLETIC ACTIVITIES JUST FOR KIDS!

Hall Gym—1400 W. Bank Street

### Parents Holiday Shopping Spree

Instructor: Judy McDaniel 704-637-1261

Parents, drop your children off (ages 5-15) at Hall Gym and go shopping on the biggest shopping day of the year.

Date: Friday, 11/24

7 a.m.—12 noon

Register by: 11/17

Cost: \$20 child/city \$40 child/non-res.

### Youth Holiday Basketball Clinic

Instructor: Andre Archie

Basketball clinic designed for coed youth ages 5-15 to work on a variety of basketball fundamentals. Come dressed properly for basketball and learn how to improve your game.

Date: Saturday, 11/25

10 a.m.—2 p.m.

Register by: 11/22

Cost: \$10 city \$20 non-res.

### E.E. Morton Holiday Tournament

Coordinator: Tom McDaniel

Holiday basketball tournament for boys & girls ages 10-14. Opportunity for teams to participate in this fun filled holiday tradition. Call Tom at 704-637-1261. Each participant will receive a t-shirt.

Dates: Wed.—Friday, 12/27—12/29

Cost: \$175 team

### Hoop Shoot Basketball Competition

Coordinator: Steve Arey

In partnership with the Elk's Club, Hall Gym will host the 6th annual Hoop Shoot Basketball competition. Call Steve for details at 704-636-5094.

Dates: Friday, Sat., & Sun., 1/5, 1/6, & 1/7

no charge

### Jr. Bobcats Coed Basketball

(boys & girls ages 5-6)

Recreational league for boys and girls ages 5-6. Kids learn the fundamentals of basketball as well as build character, self esteem, friendship, and teamwork.

Dates: Monday—Saturday

Jan.—April

Register: 12/18—1/12

Cost: \$30 city \$60 non-res.

### Jr. Sting Girls Basketball

(girls ages 7-15)

Girls' basketball program that teaches teamwork, basketball skills, and overall a great learning experience.

Dates: Monday—Sat.

Jan., —April

Register: 12/18—1/12

Cost: \$30 city \$60 non-res.

